

April Senior Center Gazette 2004

ACTION ON SENIOR ISSUES

Advance Notice of May Events

**Special Speaker on
Monday, May 3, 10 a.m.
Katie Johnson from the
National Committee for
Preservation of
Social Security & Medicare
Washington, D.C.**

Ms. Johnson will be speaking about the latest developments in Medicare & Social Security legislation. Her committee is active on the part of all seniors who are affected by Medicare & Social Security changes. Please join us for this special presentation by a national expert.

**Senior Rally in Sacramento
Wednesday, May 12**

**\$7 includes Riley's Box Lunch
Bus leaves Fremont at 8:00 a.m.
Leaves Sacramento at 3:15 p.m.
Sign up in Senior Center Office**

Spend a day at the Capitol meeting with legislators, discuss issues important to seniors including, opposition to vital healthcare for seniors, transportation, and housing. Join with seniors from all over the state to become better informed and to speak your mind.

**April Birthday Party
Friday, April 9, 1:30 p.m.
Entertainment by
Bay Strings Band**



**Senior Center Spring
Celebration & Drawing
Monday, April 12, 12 Noon**
\$5 members, \$6 non-member seniors, & \$7 "youngsters" under 55
Delightful spring lunch with
Roasted Leg of Lamb
We have several superb frozen turkeys available to seniors in our
Turkey Raffle
**\$1 per ticket or
6 tickets for \$5.00**
Monday, April 12
So get your tickets now!

COMMUNITY SERVICES

SENIOR SERVICES.....	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	574-2082
Tri-City Elder Coalition.....	574-2064
LIFE ELDERCARE.....	574-2090
Caregivers Support.....	574-2035
Home Services Registry.....	574-2095
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*.....	511
City of Fremont Paratransit Program.....	574-2053
East Bay Paratransit Program.....	1-800-555-8085
HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
SOCIAL SECURITY.....	1-800-SSA-1213
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING(HICAP).....	839-0393
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR PEER COUNSELING.....	574-2063
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993

*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.



MAY 20, 2004 6:00 -10:00 P.M.
FREMONT MARRIOTT

Don't miss the Aging & Family Services Fundraiser, "Meet Me on Broadway" to help support programs for seniors and the Senior Center. Dinner, musical entertainment, silent auction, and a raffle. Invitations are \$100 per person at the Senior Center Office. We are seeking Silent Auction Items - call Janice Anderman 790-6602 if you would like to make a contribution

AARP INCOME TAX HELP
Appointments are available for assistance with your Income Taxes until April 15. Sign up early for help on:
Tues. at 10, 11 & 12,
Thurs. at 9, 10, 11, & 12
Fri. at 1, 2, & 3 pm

**MEMBERSHIP PHOTOS for
NEW MEMBERSHIP CARDS**
Tuesdays, 1:00 - 3:00 p.m.
Thursdays, 8:30 - 10:00 a.m.

SENIOR CENTER SPEAKERS

Tuesday, April 13, 1:30 p.m.

"Stress & You"

Linda O'Hara will talk about learning to control the stresses in our lives. She will teach techniques we can all use to help limit our stress.

Tuesday, April 27, 1:30 p.m.

"Senior Bowling" Rene Covington
Did you know that over 400 seniors bowl in leagues at the Cloverleaf Bowl? We have a group of bowlers called "Swingin 80's", about 24 bowlers who are 80 years old and over. They bowl the 1st and 2nd Tuesday of the month. Come to hear about the fun and benefits of senior bowling.

April Garden Club Trip
No meeting on Friday, April 2. Instead the Garden Club will meet on Friday, April 23 at 1:30 p.m. at the Moniz Home, 40770 Chiltern to view their wonderful gardens and the fabulous bird houses that Hal Moniz creates and sells. Questions? Call the Senior Center Office at 510-790-6600.

**ADULT SCHOOL CLASSES
VACATION WEEK
APRIL 12-16, 2004**



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.